

# MAKE A SPLASH!

CITY OF FORT LAUDERDALE PARKS AND RECREATION

## SWIM LESSON GUIDE



### CLASS DESCRIPTIONS

#### Parent Toddler A

*Ages: 6 mos - 3 yrs 30 min*

Parent accompanies child in water; emphasis is placed on teaching both child and parent basic aquatic and safety skills.

#### Parent Toddler B

*Ages: 18 mos - 3 yrs 30 min*

Parent accompanies child in water; emphasis on advanced aquatic and safety skills for toddlers. Child must be comfortable submerging under water.

#### Level 1

*Ages: 3 - 12 yrs 30 min*

Basic skills include breath control, kicking, floating, and simple stroke techniques are emphasized.

#### Level 2

*Ages: 3 yrs+ 30 min*

Swim test required for registration. Skills include orientation to deep water, arm strokes with kicking on front and back, turning over and basic safety skills.

#### Level 3

*Ages: 4 yrs+ 45 min*

Swim test required for registration. Skills include diving, dolphin kick, reversing direction and safety skills. Continued skill development of freestyle and backstroke.

#### Level 4

*Ages: 4 yrs+ 45 min*

Swim test required for registration. Must be able to swim 25-yards of freestyle and backstroke with proper breathing and arm stroke techniques. Skills include diving, open turns, breaststroke, butterfly and safety skills.

#### Adult Level 1

*Ages: 13 yrs+ 45 min*

Basic swimming skills for adults learning to swim. Breath control, floating and basic stroke technique are emphasized.

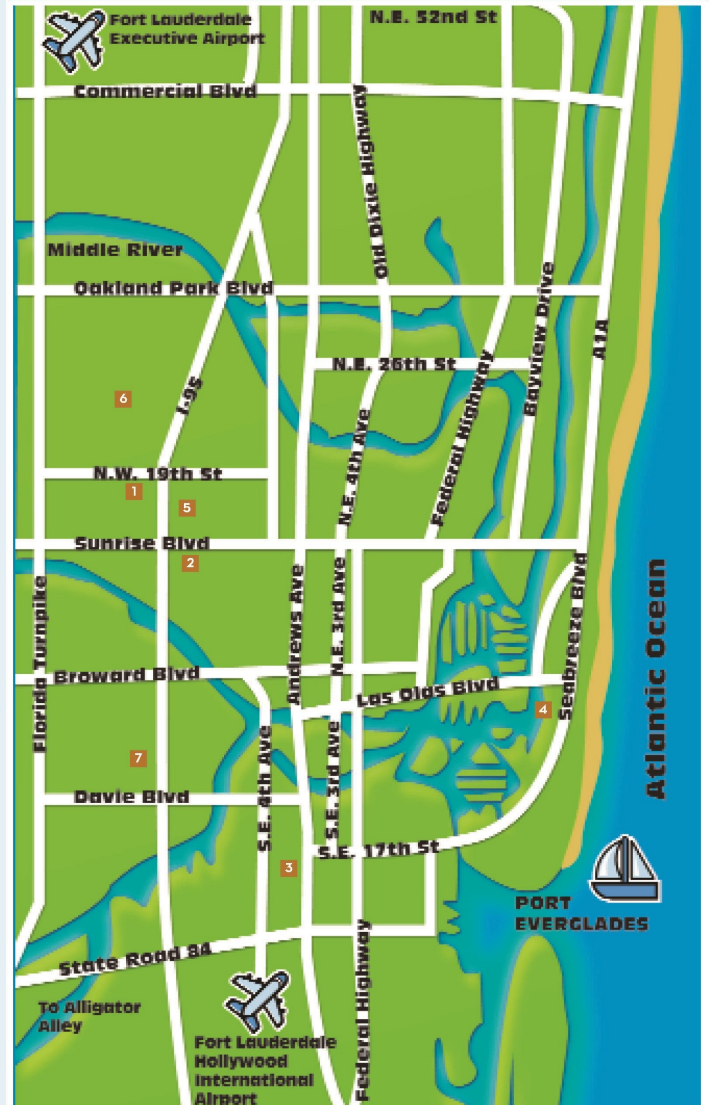
#### Diving Skills

*Ages 4 yrs+ 60 min*

Basic diving and head-first pool entries from side of pool and 1-meter and 3-meter diving springboards.

### COMMUNITY POOL LOCATIONS

- BASS PARK**  
2750 N.W. 19th St  
(954) 828-8498  
Lap Pool
- CARTER PARK**  
1450 W. Sunrise Blvd  
(954) 828-5407  
Lap Pool  
Water Playground
- CROISSANT PARK**  
245 W. Park Dr  
(954) 828-6156  
Lap Pool  
Water Playground
- FORT LAUDERDALE AQUATIC COMPLEX**  
501 Seabreeze Blvd  
(954) 828-4580  
[www.fortlauderdale.gov/flac](http://www.fortlauderdale.gov/flac)  
Lap Pool  
Diving Boards
- LAUDERDALE MANORS PARK**  
1340 Chateau Park Dr  
(954) 828-5414  
Lap Pool  
Water Playground
- OSSWALD PARK**  
2220 N.W. 21st Ave  
(954) 497-1636  
Splashpad
- RIVERLAND PARK**  
950 S.W. 27th Ave  
(954) 828-5322  
Lap Pool  
Water Playground



### SWIM LESSON REGISTRATION

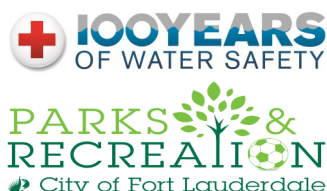
#### Online:

Online registration for current account holders at:  
[www.fortlauderdale.gov/webreg](http://www.fortlauderdale.gov/webreg).

#### In Person:

Registration and payment are accepted in the form of Visa, MasterCard and AmEx in person at Aquatic facilities listed above. (Cash and check accepted at Fort Lauderdale Aquatic Complex ONLY.)

*See reverse for  
class dates and  
times. See you  
at the pool!*



If you would like this publication in an alternative format or if you need reasonable accommodation to participate in these programs, please contact (954) 828-4610 or [sriestra@fortlauderdale.gov](mailto:sriestra@fortlauderdale.gov) at least seven days prior to the program.

## COMMUNITY POOLS

Registration Begins 4/17/17

Session 1:	June 19 - June 29	
Session 2:	July 3 - July 13	(No Class 7/4)
Session 3:	July 17 - July 27	
Session 4:	July 31 - August 10	
Saturday:	June 17 - August 5	
Sunday:	June 18 - August 6	

### BASS POOL:

* Parent Toddler A&B	5:15 - 5:45 p.m.
* Level 1 3-12 yrs	5:15 - 5:45 p.m.
* Level 1 3-12 yrs	6:45 - 7:15 p.m.
* Level 2 3-512 yrs	6:00 - 6:30 p.m.
* Level 3 4-12 yrs	6:00 - 6:45 p.m.
* Adult 13-99 yrs	6:45 - 7:30 p.m.

### CARTER POOL:

* Parent Toddler A&B	5:15 - 5:45 p.m.
* Level 1 3-12 yrs	5:15 - 5:45 p.m.
* Level 1 3-12 yrs	6:00 - 6:30 p.m.
* Level 1 3-12 yrs	6:45 - 7:15 p.m.
* Level 2 3-12 yrs	6:00 - 6:30 p.m.
* Teen/Adult 13-99 yrs	6:45 - 7:30 p.m.

### Saturdays:

* Parent Toddler A&B	9:45 - 10:15 a.m.
* Level 1 3-12 yrs	9:00 - 9:30 a.m.
* Level 2 3-12 yrs	10:30 - 11:00 a.m.

**FEE \$10-Resident \$15-Non-Resident**

**American Red Cross - Centennial Grant Recipient**

### CROISSANT POOL:

* Parent Toddler A&B	6:00 - 6:30 p.m.
* Level 1 3-12 yrs	4:30 - 5:00 p.m.
* Level 1 3-12 yrs	5:15 - 5:45 p.m.
* Level 2 3-12 yrs	4:15 - 4:45 p.m.
* Level 2 3-12 yrs	6:45 - 7:15 p.m.
* Level 3 4-12 yr	6:00 - 6:45 p.m.
* Level 4 4-12 yrs	5:00 - 5:45 p.m.
* Adult 13-99 yrs	7:00 - 7:45 p.m.

### Sundays:

* Parent Toddler A&B	9:15 - 9:45a.m.
* Level 1 3-12 yrs	10:00 - 10:30 a.m.
* Level 1 3-12 yrs	11:30 - 12:00 p.m.
* Level 2 3-512 yrs	10:45 - 11:15 a.m.
* Level 3 4-12 yr	9:15 - 10:00 a.m.
* Level 4 4-12 yrs	10:15-11:00a.m.

### RIVERLAND POOL:

* Parent Toddler A&B	5:15 - 5:45 p.m.
* Level 1 3-12 yrs	5:15 - 5:45 p.m.
* Level 1 3-12 yrs	6:45 - 7:15 p.m.
* Level 2 3-12 yrs	6:00 - 6:30 p.m.
* Level 3 4-12 yrs	6:00 - 6:45 p.m.
* Adult Level 1	7:00 - 7:45 p.m.

### Saturdays:

* Parent Toddler A&B	10:00 - 10:30 a.m.
* Level 1 3-12 yrs	9:15 - 9:45 a.m.
* Level 1 3-12 yrs	10:45 - 11:15 a.m.
* Level 2 3-12 yrs	9:15 - 9:45 a.m.
* Level 3 4-12 yrs	10:00 - 10:45 p.m.
* Adult Level 1	11:00 - 11:45 p.m.

## FORT LAUDERDALE AQUATIC COMPLEX

Registration Begins: 4/26/17

Sunday	June 11 - August 6	(8 classes) *
Monday	June 5 - July 24	(8 classes)
Tuesday	June 6 - August 1	(8 classes) *
Wednesday	June 7 - July 26	(8 classes)
Thursday	June 8 - July 27	(8 classes)

\* No Class Dates: June 18; July 4

### \* Parent Toddler A & B

Sunday:	9:45 - 10:15 a.m.
Sunday:	11:15 - 11:45 a.m.
Monday:	3:30 - 4:00 p.m.
Tuesday:	5:00 - 5:30 p.m.
Wednesday:	3:30 - 4:00 p.m.
Thursday:	4:15 - 4:45 p.m.

### \* Level 1

Sunday 3 - 5 yrs	9:00 - 9:30 a.m.
Sunday 5+ yrs	10:30 - 11:00 a.m.
Monday:	4:15 - 4:45 p.m.
Tuesday:	3:30 - 4:00 p.m.
Wednesday:	5:00 - 5:30 p.m.
Thursday:	5:00 - 5:30 p.m.

### \* Level 2

Sunday:	9:15 - 9:45 a.m.
Sunday:	12:00 - 12:30 p.m.
Monday:	5:00 - 5:30 p.m.
Tuesday:	4:15 - 4:45 p.m.
Wednesday:	4:15 - 4:45 p.m.
Thursday:	3:30 - 4:00 p.m.

### \* Level 3

Sunday:	10:00 - 10:45 a.m.
Monday:	5:45 - 6:30 p.m.
Tuesday:	5:45 - 6:30 p.m.

### \* Level 4

Sunday:	11:00 - 11:45 a.m.
Wednesday:	5:45 - 6:30 p.m.
Thursday:	5:45 - 6:30 p.m.

### \* Adult Level 1

Sunday:	12:00 - 12:45 p.m.
Wednesday	6:30 - 7:15 p.m.

### \* Diving Skills

Sunday, August 13:	10:00 - 11:00 a.m.
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### FEE\$\* excluding Carter Pool

7-class sessions:	30-min	45-min
Resident	\$56	\$70
Non-Resident	\$84	\$105
Y.E.S.	\$14	\$17.50
8-class sessions:	30-min	45-min
Resident	\$64	\$80
Non-Resident	\$96	\$120
Y.E.S.	\$16	\$20

[www.fortlauderdale.gov/aquatics](http://www.fortlauderdale.gov/aquatics)